

Tips to Informal Caregivers  
on Giving Personal Care

**Emergency Care for Poisoning**

Poisoning may be the cause of sudden collapse. Vomiting and heavy, labored breathing may mean the person has taken poison. These signs may also indicate disease, internal injury or other problems. Look for a container which may help determine what the person has ingested.

Check the mouth for chemical burns and check to see if the breath smells. If the person is conscious and not having convulsions, give sips of water or milk. This will dilute the poison. If the person becomes nauseated, discontinue the dilution.

Notify the Hawaii Poison Control Center ([808] 222-1222), emergency services (call 911) or physician immediately. The printed antidote on the container may be wrong, so do not follow the directions. Keep syrup of ipecac, activated charcoal and Epsom salts on hand. The poison control center may advise you to use them. Also check to see if the person is breathing and prepare to care for shock.

*The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.*